## Harriet Kelley - Pegasus Opera Company

**SHARED WARM-UPS:** Comfortable clothes  $\rightarrow$  Team Clap + circle clap Energiser

- Hands on your (Head, ears, nose, chin, shoulders, knees, hips)  $\rightarrow$  Do as I say not as I do, Do as I do not as I say

Physical

- <u>https://www.youtube.com/watch?v=M2dhD9zR6hk</u> run on the spot
- Shake Downs of 8
- Reach + Massage: Shoulders, Neck, Jaw
- Tricky Food to Chew

## Breathing

- Deep Breaths (in 4, out 4 in 8, out 8) and Yawns
- Balloon Blows: 4, 8, 12
- Birthday Candle Fingers

Vocal

- Lip Buzzing scales, starting on G
- Rollercoaster Siren Circles

Diction

- Fatter than a caterpillar up a C major scale
- How much wood (call + response) in C (key of song) play with dynamics + chords

Rhythm

- Body percussion - stamp, leg leg, clap, leg leg leg

## This Little Light - Workshop

- 1.
- C Major chord in 4 parts
- $C \rightarrow E \rightarrow G \rightarrow C = parts of the voice$
- Hum  $\rightarrow$  oh  $\rightarrow$  ah  $\rightarrow$  ee (x4) with quick breath
- Harmonies  $\rightarrow$  Switch notes  $\rightarrow$  play with dynamics

2.

- Google metronome
- Noteflight

<u>https://www.noteflight.com/scores/view/640968d7a6fb670f7c6c4a8b06026</u> <u>dc7f16f30eb</u>  $\rightarrow$  Tricky rhythms - Chicken Wings Exercise

3.

- 1st page  $\rightarrow$  Learn the two parts

4.

 2nd page Unison → Clap rhythm → speak rhythm → call and response song phrases - focus on breathing and listening to each other - 20secs on recording

5.

- Possible 'all day and all night' section - 2mins on recording

Throughout: checking shoulders, stretch to the sky + flop, magic fingers + clap